

Hab-dhaqanada Caafimaadka qaba ee loogu talagalay Dhoola cadaynta Farxada Leh



Cadayitaanka Ilkahailamahaaga

Cadayashada ada waa mid ka mid ah siyaabaha ugu muhiimsan ee aad ku ilaalin karto caafimaadka ilkaha. Waa inaad ilkaha ilmahaaga ku cadaydaa daawada cadayga ee fluoride laba jeer maalin kasta si ay uga hortagto bolalka iligga (godadka). Bilow cadayashada isla marka iliggii ugu horreeyay ee ilmahaagu bilaabo inuu soo baxo.



U diyaargarowga dugsiga wuxuu ka bilaabmaa caafimaadka!



Tilmam ku saabsan cadayashada ilkaha ilmahaaga:

- Caday ilkaha ilmahaaga quraacda ka dib iyo ka hor inta aysan seexan.
- Istickmaal burush cadayga le'eg ilmaha oo leh ilka jilicsan iyo daawada cadayga ee fluoride.
 - Carruurta ka yar da'da 3, isticmaal adigo uu marrinayo in yar oo ah daawada cadayga ee fluoride.
 - Carruurta da'doodu u dhaxayso 3 ilaa 6, isticmaal daawada cadayga ee fluoride oo cabbirkeedu le'eg yahay digir.
- Carruurta yaryari waxay jecel yihiin inay keligood wax qabsadaan. Way fiican tahay in carruurta loo ogolaado inay cadaydaan ilkahooda marka qof weyn daawanayo. Laakiin carruurta da'doodu ka yar tahay 7 ama 8 sano weli si fiican uma cadaysan karaan ilkahooda. Qofka weyn wuxuu u baahan yahay in sidoo kale u cadayo ilkaha ilmaha.

- Raadi meel uu ilmahaagu ku raaxaysanayo oo aad arki karto ilkaha ilmahaaga markaad u cadaydo. Tusaale ahaan, fadhiiso dhulka adiga oo madaxa ilmahaaga ama ilmaha yari dhabtaada ku jiro. Ama istaag ilmahaaga gadaashiisa ee muraayadda horteda.
- Si tartiib ah u caday ilkaha ilmahaaga adigoo isticmaalaayo goobo yaryar. Caday dhammaan dusha sare ee ilkaha, oo ay ku jiraan gudaha iyo dibaddaba.
- Kadib marka aad cadaydo, ilmahaagu ha tufo daawada cadayga ee hadhay laakiin ha biyo raacin. Inta yar ee daawada cadayga ah ee ku hadtay afka ilmahaaga ayaa u roon ilkaha.
- Haddii ay dhibaato kaa haysato cadayashada ilkaha ilmahaaga, isticmaal saacad, ciyaar tirinta, ama hees marka aad cadaynayso. Waxaad sidoo kale caawinaad weydiisan kartaa shaqaalaha rugta daryeelka ilkaha ee ilmahaaga.



U isticmaal marritan carruurta ka yar 3 sano.



U isticmaal qiyaasta cabbirka digirta carruurta da'doodu tahay 3 sano ilaa 6 sano.

Dukumeentigan waxaa taageeray Maamulka Carruurta iyo Qoysaska (ACF) ee Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka (HHS) iyada oo qayb ka ah abaalmarin lacageed oo dhan \$7,582,500 iyadoo 97% ay maalgelisyay ACF iyo 3% intaas Maamulka Adeegyada Kheyraadka Caafimaadka (HRSA) ee US HHS. Waxa ku jira waa kuwa qoraaga oo daruuri maaha in ay matelaan aragtiyaha, sidoo kale maaha wax ay taageerto, ACF/HHS ama dawladda Maraykanka. Kheyraadkan waxa loo nuqlin karaa isticmaalka aan ganacsiga ahayn fasax la'aan.



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